



MOTHERS NOTEBOOK

Sarah, WIC Peer Breastfeeding
Peer Counselor
920-960-1248
sarah.shober@fdlco.wi.gov
WIC is an equal opportunity
provider and employer.

Six Weeks is a milestone for both mom and baby. Mom and baby settle into a comfortable pattern of enjoyable breastfeeding. All the frequent feeding in the first six weeks has paid off with a good milk supply.

Changes for mom: Typically your milk supply will begin to regulate so your breasts will feel softer and less full. This doesn't mean that milk supply has decreased; instead you are making milk more efficiently and make just what baby needs. With this change most women no longer leak, even when baby misses a feeding.

It takes more than 500 calories a day to produce breastmilk for your baby. Women who breastfeed exclusively begin to lose weight at a faster rate.

Changes for baby: Babies feed less often and feed faster.

The amount of milk the baby takes in at 6 to 8 weeks will stabilize, in fact the amount of milk needed at 8 weeks is about the same as at 6 months.

Stooling becomes less frequent as your milk changes which means less diaper changes.

Babies may have a growth spurt around 6 weeks but these will happen less often and feeding become more predictable.

Tip: If you haven't already, this is a good time to start getting use to nursing away from home. Babies latch easily at this age and don't mind being covered with a blanket or nursing cover. With some practice you feel more at ease nursing around other people.

80% of women have the "baby blues" in the first four weeks after the baby is born. They feel moody and weepy but feel better within a few weeks. If the symptoms increase after the first month you may be experiencing postpartum depression. Up to 15% of women have some type of postpartum depression. This type of depression varies for each woman but common symptoms of this condition can include:

- ◆ Strong feelings of depression, anger, doubt, guilt, or helplessness that seem to get worse over time
- ◆ An inability to care for yourself or your baby
- ◆ A change in appetite
- ◆ Anxiety or panic attacks
- ◆ Being intensely worried or concerned about the baby
- ◆ Having little or no interest in the baby
- ◆ Thoughts of suicide.

If you are still experiencing any of these symptoms and have not yet reached out for help, please consider doing so now. If it was mild enough to go away on its own, it would have done so by now. There is no shame involved. Speak with your healthcare provider. Let them know how you are feeling.

Breastmilk has Vitamin D but your baby may need more. Our bodies make Vitamin D when the sun is on our bare skin. That is pretty hard to do in Wisconsin winters! Plus, we protect babies' skin from sun in warm weather with clothing and sunscreen. Giving babies a daily drop of Vitamin D can help prevent health problems related to a lack of Vitamin D. A supplement of 400 IU per day of Vitamin D is recommended and can be purchased at most drug stores without a prescription.

Call or text me any questions or if you want to schedule a weight check for the baby.